

Try a Breakfast of Grape-Nuts

and cream only,
for a few mornings and note the sustaining power of
this food.

It is made of wheat and barley, by a process which
changes the starch of these grains to a form in which
it is practically all absorbed quickly, and naturally con-
verted into energy—the power to “do things.”

“There’s a Reason” for Grape-Nuts

Postum Cereal Company, Ltd., Battle Creek, Mich.